

*Keweenaw Bay Indian Community  
Natural Resources Department  
Community Garden Workshop  
7 September 2019*

*Amy and Karen's delicious salsa recipes*

*More wonderful salsa recipes with garden fresh ingredients*

*Good things to know about tomatoes*



KBIC-NRD

*14359 Pequaning Road  
L'Anse, MI 49946  
906-524-5757  
<http://nrd.kbic-nsn.gov/>*



Natural Resources Department



## *Amy and Karen's UP Special Salsa*



*This recipe makes 12 pints of salsa*

- |   |  |
|---|--|
| <i>16 cups chopped tomatoes</i>   | <i>2 teaspoons oregano</i>                                       |
| <i>3 <sup>1</sup>/<sub>2</sub> cups diced onion</i>                               | <i>1 tablespoon cumin</i>  |
| <i>4 cloves crushed garlic</i>  | <i>2 tablespoons chili powder</i>                                |
| <i><sup>1</sup>/<sub>2</sub> cup diced jalapeno<br/>(more if you like it HOT)</i> | <i>2 tablespoons salt (Kosher canning)</i>                       |
| <i>2 green peppers, chopped</i>   | <i>18 ounces tomato paste</i>                                    |
| <i>1 <sup>1</sup>/<sub>2</sub> cup apple cider vinegar</i>                        | <i><sup>1</sup>/<sub>2</sub> cup chopped cilantro (optional)</i> |

*Remove skins from tomatoes by scoring an "X" in tomato and putting them in a pot of boiling water for 30 seconds. They will peel very easily. In a large pot, bring all ingredients to a boil, and then simmer for 20 minutes. Stir gently as salsa simmers to prevent scorching. Put salsa into pint-size canning jars. Process for 10 minutes in hot water bath.*

**ENJOY!**

# *Amy and Karen's Fresh Salsa*

*Enough for 24 1/2 pint jars*

*16 cups chopped tomatoes*

*Fresh cilantro*

*3 1/2 cups diced onions*

*Lime juice or apple cider vinegar*

*1/2 cup dices jalapenos*

*Black pepper*

*Mix all ingredients together in a large bowl. Serve fresh with chips or dollop it on an omelet.*

ENJOY!



# Fresh Tomato Salsa

## (Pico de Gallo)

Hello, beautiful. With fresh ripe tomatoes, diced onion and bright cilantro, this no-fuss, no-muss recipe for basic homemade tomato salsa is amazing on just about anything.

Fresh Pico de Gallo is amazing served with chips, and makes an excellent addition to almost any summer meal (we're looking at you, grilled chicken). This incredibly easy homemade salsa is packed with fresh tomatoes, onions, cilantro and more, and is ready to eat in just 5 minutes. You might even want to make a double batch, because this fresh tomato salsa has a habit of vanishing fast!



## Ingredients

2 cups diced fresh red tomato  
1 cup diced white onion  
1 serrano pepper, stem removed and finely diced (and seeded, if you want less heat)  
½ cup chopped cilantro  
1 garlic glove, minced  
½ teaspoon ground cumin  
1-2 tablespoons fresh lime juice  
Salt, to taste

## Steps

1. Add all ingredients to a medium-size mixing bowl.
2. Toss together until well combined. Adjust salt if needed. Serve immediately, or refrigerate in a sealed container for up to 3 days.



# Black Bean and Avocado Salsa

When you can't decide between guac and salsa, your only option is to make this avocado salsa complete with hearty black beans and fresh lime juice.



Avocado, black beans and fresh lime juice come together in a simple, flavor-packed salsa that you'll want to serve with everything (and we mean everything). Best of all? Double the batch and this hearty salsa magically transforms into a black bean and avocado side salad.

## Ingredients

2 tablespoons lime juice  
½ teaspoon ground cumin  
½ teaspoon ground coriander  
¼ teaspoon salt  
1 can (15 oz) Progresso™ black beans, drained, rinsed  
1 avocado, pitted, peeled and cubed  
¼ cup chopped fresh cilantro leaves  
4 green onions  
Lime wedges

## Steps

1. Heat gas or charcoal grill. In large bowl, mix lime juice, cumin, coriander and salt. Stir in beans, avocado and cilantro; set aside.
2. Clean and brush oil on grill racks. Place green onions on grill over medium heat. Cover grill; cook 1 to 2 minutes on each side or until grill marks form. Transfer to cutting board; cool 5 minutes.
3. Prefer not to grill? You can cook the onions on the stovetop using a grill pan.
4. Cut onions into slices and stir into bean mixture. Serve with lime wedges, if desired.

# Watermelon Salsa

A sweet and spicy watermelon salsa that uses ingredients fresh from your garden.

With sweet watermelon, crisp red peppers, crunchy cucumbers and spicy jalapenos, this perfectly summery (and slightly spicy) watermelon salsa is fresher than fresh.



## Ingredients

**2** cups finely chopped watermelon, seeds removed  
**½** cup finely chopped cucumber, peeled and seeded  
**¼** cup finely chopped red onion  
**¼** cup finely chopped red bell pepper  
**½** or 1 whole jalapeno pepper, seeded and diced finely  
**¼** cup finely chopped fresh cilantro  
**1** tablespoon finely chopped fresh basil  
**2** tablespoons honey  
**2** teaspoons lime juice Tortilla chips for dipping

## Steps

- Combine watermelon, cucumber, onion, peppers, cilantro, and basil in a large bowl. Add honey and lime juice and stir to coat.
- Chill for at least half an hour in the refrigerator. Serve with tortilla chips.

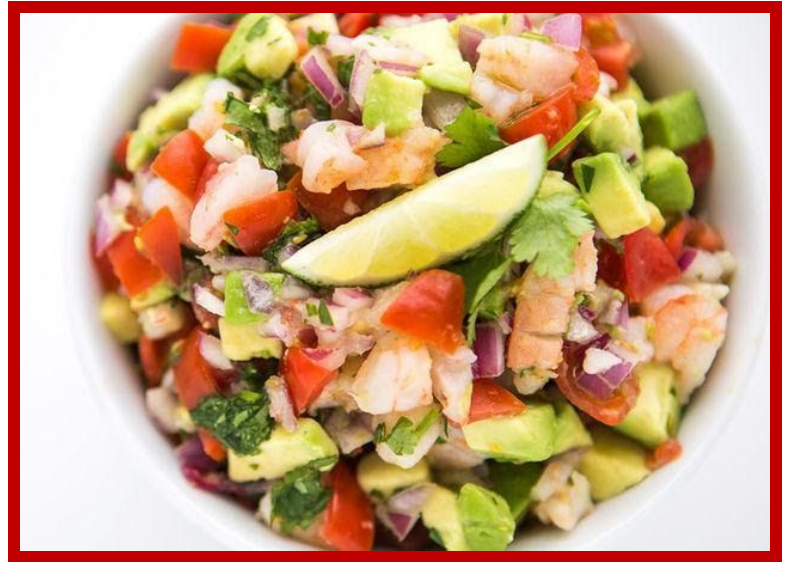
# Shrimp Ceviche Salsa

Ceviche: sounds fancy, tastes amazing. Fresh cooked shrimp are tossed with diced avocado, tomato and onion for a brilliant (and delicious!) mash-up of the classic seafood dish and salsa.

Everything you love about fresh, bistro eats, in one deliciously simple salsa. This ceviche-inspired dip tastes especially delicious served with multigrain chips.

## Ingredients

½ lb shrimp, cooked, tail removed, diced  
1 avocado, pitted, peeled and diced  
½ cup diced tomatoes  
½ cup finely diced purple onions  
2 tablespoons fresh chopped cilantro  
2 limes, freshly squeezed  
1 teaspoon sea salt flakes  
½ teaspoon fresh-ground pepper



## Steps

- Stir all ingredients together until well mixed. Serve with tortilla chips and enjoy!

# Chicken Enchilada Salsa

Voilà! We turned chicken enchiladas into a dip (and the results speak for themselves). Packed with all the enchilada flavors we'll never get enough of—ever, it's perfect for when you just want to have chips and dip for dinner.



One bite and you'll wonder: Why didn't I think of turning Chicken Enchilada Soup into an irresistible bowl of salsa? Don't worry. We got you.

## Ingredients

- 1** can (5 ounces) cooked chicken, drained and shredded
- 1** can (11 ounce) Southwestern style corn
- 2/3** cup Old El Paso™ Enchilada Sauce
- 1/2** cup Muir Glen™ organic fire roasted diced tomatoes or crushed tomatoes
- 5** green onions, finely chopped
- 1/2** cup finely chopped cilantro
- 1** teaspoon sea salt flakes
- 1** teaspoon fresh-ground pepper

## Steps

In a large bowl, combine all ingredients. Serve with tortilla chips for dipping.

# Creamy Garlic Salsa

The name kind of says it all. This savory salsa skews more cool and creamy than hot and spicy, making it the perfect, unexpected addition to any at-home salsa bar.



If you've ever wondered over the many options at a salsa bar, this one might look familiar. A classic white Mexican salsa, made with delicious guacamole seasoning.

## Ingredients

- ½ cup sour cream
- ½ cup mayonnaise
- 2 limes, freshly squeezed
- 2 cloves garlic
- 2 tablespoon Old El Paso™ Seasoning Mix Guacamole
- 1/3 cup finely diced green onions

## Steps

Place sour cream, mayonnaise, lime juice, garlic and seasoning mix in a blender. Puree. Stir in green onions. Serve with tortilla chips.

# Rainbow Dessert Salsa

All the colors of the rainbow. All the fruits of the produce department. All in one bowl. Try our quick hack for turning your tortilla chips into cinnamon-sugar tortilla chips and you'll have the sweetest way ever to get a full serving of fruit.



Every color of the rainbow, tossed together into a bright, fresh salsa. Serve with Food Should Taste Good™ Sweet Potato Chips. For extra dessert yumminess, spray chips with a little coconut oil spray, dust with cinnamon-sugar and bake for 4-6 minutes at 400°F. Then, enjoy with this delicious salsa!

## Ingredients

- 5** large strawberries, finely diced
- ¼** mango, pitted, peeled and finely diced
- ¼** cup diced fresh pineapple
- 1** kiwi, peeled and finely diced
- ¼** cup purple grapes, finely diced
- ¼** cup blueberries, halved
- 2** tablespoon honey
- 1** lime pinch sea salt

## Steps

Mix all ingredients together in a large bowl. For best results, serve immediately.

# Bacon Salsa

Admit it—this savory salsa had you at “bacon.” (The corn and jalapeños are pretty fantastic, as well.) Run, don’t walk, to the nearest bowl of chips.

Bacon lovers unite! Grab your tortilla chips and dive on into this delicious salsa. Tossed with corn and plenty of jalapeño, the flavors in this simple salsa will have you craving them for days.



## Ingredients

- 1 pack (2.52 ounce) fully-cooked bacon
- 1 can (11 ounce) chipotle white corn, drained
- 3 jalapeños, seeded and diced
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- ½ teaspoon salt

## Steps

Microwave bacon for 25-35 seconds. Allow to cool, then chop into small pieces.

In a large bowl, stir together bacon, corn, diced jalapeños, vinegar, honey and salt. Serve immediately for best results with tortilla chips for dipping.

# Roasted Tomatillo and Tomato Salsa

What's the secret behind this addictive salsa? Roasting! It brings out an incredible depth of flavor you can't get any other way. Pro tip: remove the jalapeno seeds for salsa that's spicy without being SPICY (know what we mean?).

A deliciously fresh homemade salsa featuring both tomatoes and tasty tomatillos.



## Ingredients

- 7** tomatillos
- 5** small tomatoes
- 5** jalapeños
- 1** clove garlic
- ½** medium onion
- 1** lime
- 1** tablespoon red wine vinegar
- 2** tablespoons chopped cilantro

## Steps

Half the tomatoes, jalapenos, and tomatillos. Remove the seeds from the jalapenos if you don't want it to be hot!

Broil the tomatillos for 5 minutes.

Add the tomatoes and jalapenos and continue to broil for 10 more minutes. Watch closely and if they start to burn, flip them around.

Cool, then add to blender or food processor with onion, garlic, juice from the lime, vinegar, and cilantro. Pulse to desired texture.

# Pineapple Salsa

## Ingredients

2 cups diced fresh pineapple

1 cup diced red pepper

1/2 cup chopped cilantro

1/4 cup finely chopped red onion

3 tablespoons finely chopped jalapeno  
pepper stemmed and seeded

1 clove garlic minced

Juice of 1 large lime

Salt to taste



## Instructions

In a medium bowl, combine pineapple, red pepper, cilantro, red onion, jalapeno, garlic, and lime juice. Stir until well combined. Season with salt, to taste. Serve at room temperature or chilled.

## Basic Mango Salsa

Mango salsa is a favorite for any time of year and combines sweet and zesty flavors. There are many ways to prepare and serve mango salsa. The basic ingredients include mango, cilantro, lime juice, pepper and onion. However, there are many ways to make this delicious side dish, and popular variations include such ingredients as pineapple, coconut, curry, mint, tomato, cucumber and various spices, such as cumin and cinnamon.



Mango salsa is a perfect side dish for barbecued meats, chicken and fish. Given the popularity of the vegan and gluten-free diets, mango salsa provides an ideal low-carb, low-fat and gluten-free alternative to rice or couscous. In addition, these salsas include colorful vegetables and fruits that are rich in antioxidants and essential vitamins and minerals. A colorful, diverse assortment of fruits and vegetables provide phytonutrients that protect the body from illness and premature aging.

Mango salsa is a fresh option for a healthy lunch in summer and helps bring cheer to the cooler months with a burst of fresh flavors. The smooth, sweet mango helps take the edge off the spiciness of the salsa for a balanced flavor sensation. This recipe uses only a few ingredients many people already have in their kitchens—if not, they are usually available at the corner store. You will need mangoes, jalapeno, cilantro, lime, peppers and onion. The amount you use can depend on personal taste, but a basic guideline is

- 2 mangoes, ripe
- ⅓ cup chopped onion
- 1 medium pepper, diced
- ¼ c. cilantro, washed and chopped
- 1 large lime or ¼ cup lime juice
- Jalapeno pepper, seeded and chopped
- ¼ teaspoon salt

# Peach Salsa

*This Fresh Peach Salsa recipe is bursting with summer flavor! Delicious on its own with chips or serve over grilled fish or chicken. Simple and easy, make this when peaches are at their peak of flavor -fresh, juicy and ripe.*

## ingredients

3 large peaches- ripe (but not overly soft) diced into ½ inch dice, skins ok

½ a medium red onion, very finely diced ( about ¾ cup)

½ a red bell pepper, finely diced ( for color and texture)

1 medium tomato, finely diced

1 jalapeno, very finely diced

1 cup chopped cilantro, tender stems ok

¼ cup fresh lime juice ( 1–2 limes)

1/4 teaspoon salt and pepper more to taste

1/4 teaspoon chipotle powder – optional, more to taste ( will add a pleasantly smoky heat)

## instructions

Gently rub peaches with a terry cloth towel to help remove peach fuzz, then rinse under cold water.

Dice peaches, tomato, onion, bell pepper, jalapeño, and cilantro and add to a medium bowl. Add lemon juice, salt and pepper, gently toss to combine. Adjust lime and salt. Add optional chipotle powder, starting conservatively with a ¼ teaspoon.

Taste, and adjust according to preferences. You want a delicious balance between sweet, salt, lime and heat.

Serve with chips or over fish or grilled chicken. This Peach Salsa would be a nice addition to Burrito bowls or tacos.



# Tomatoes

A tomato is a nutrient-dense superfood that offers benefit to a range of bodily systems. Its nutritional content supports healthful skin, weight loss, and heart health.

Despite the popularity of tomatoes, it was only 200 years ago that they were thought to be poisonous in the United States (U.S.) This is likely to be because the plant belongs to the toxic nightshade family.



Tomatoes are now the fourth most popular fresh-market vegetable behind potatoes, lettuce, and onions. This article will examine their powerful health benefits, nutritional content, ways to include more tomatoes in the diet, and the risks of tomato consumption.

## Fast facts on tomatoes

Including tomatoes in the diet can help protect against cancer, maintain healthy blood pressure, and reduce blood glucose in people with diabetes.

Tomatoes contain key carotenoids such as lutein and lycopene. These can protect the eye against light-induced damage.

Eat more tomatoes by adding them to wraps or sandwiches, sauces, or salsas. Alternatively, eat them cooked or stewed, as these preparation methods can boost the availability of key nutrients.

Tomatoes are in the top ten fruits and vegetables for containing levels of pesticide residue. Wash tomatoes before eating.

## Benefits

Tomatoes have extremely high nutritional density. Tomatoes are an intensely nutritious plant food.

The benefits of consuming different types of fruit and vegetable are impressive, and tomatoes are no different. As the proportion of plant foods in the diet increases, the risk of developing heart disease, diabetes, and cancer decreases.

There are different types and sizes of tomato, and they can be prepared in different ways. These include cherry tomatoes, stewed tomatoes, raw tomatoes, soups, juices, and purees.

The health benefits can vary between types. For example, cherry tomatoes have higher beta-carotene content than regular tomatoes.

High fruit and vegetable intake is also linked to healthy skin and hair, increased energy, and lower weight. Increasing the consumption of fruits and vegetables significantly decreases the risk of obesity and overall mortality.

## **1) Cancer**

Tomatoes are an excellent source of vitamin C and other antioxidants. With these components, tomatoes can help combat the formation of free radicals. Free radicals are known to cause cancer.

A recent study in the journal *Molecular Cancer Research* linked the intake of high levels of beta-carotene to the prevention of tumor development in prostate cancer.

Tomatoes also contain lycopene. Lycopene is a polyphenol, or plant compound, that has been linked with one type of prostate cancer prevention. It also gives tomatoes their characteristic red color.

Tomato products provide 80 percent of dietary lycopene consumed in the U.S.

A study of the Japanese population demonstrates that beta-carotene consumption may reduce the risk of colon cancer. Fiber intake from fruits and vegetables is associated with a lowered risk of colorectal cancer.

Diets rich in beta-carotene may play a protective role against prostate cancer.

Further human-based research is needed to explore the possible roles of lycopene and beta-carotene in preventing or treating cancer.

## **2) Blood pressure**

Maintaining a low sodium intake helps to maintain healthful blood pressure. However, increasing potassium intake may be just as important due to its widening effects on the arteries.

According to the National Health and Nutrition Examination Survey (NHANES), fewer than 2 percent of U.S. adults meet the recommended daily potassium intake of 4,700 milligrams (mg).

High potassium and low sodium intake are also associated with a 20 percent reduced risk of dying from all causes.

## **3) Heart health**

The fiber, potassium, vitamin C, and choline content in tomatoes all support heart health.

An increase in potassium intake, along with a decrease in sodium intake, is the most important dietary change the average person can make to reduce their risk of cardiovascular disease.

Tomatoes also contain folate. This helps to balance homocysteine levels. Homocysteine is an amino acid that results from protein breakdown. It is said to increase the risk of heart attacks and strokes. The management of homocysteine levels by folate reduces one of the risk factors for heart disease.

Not only is high potassium intake also associated with a reduced risk of cardiovascular disease, but it is also known for protecting the muscles against deterioration, preserving bone mineral density, and reducing the production of kidney stones.

#### **4) Diabetes**

Studies have shown that people with type 1 diabetes who consume high-fiber diets have lower blood glucose levels, while people with type 2 diabetes may have improved blood sugar, lipids, and insulin levels. One cup of cherry tomatoes provides about 2 grams (g) of fiber.

The American Diabetes Association recommends consuming around 25 g of fiber per day for women and an estimated 38 g per day for men.

#### **5) Constipation**

Eating foods that are high in water content and fiber, such as tomatoes, may help hydration and support normal bowel movements. Tomatoes are often described as a laxative fruit.

Fiber adds bulk to stool and is helpful for reducing constipation. However, removing fiber from the diet has also demonstrated a positive impact on constipation.

More research is needed to confirm the laxative qualities of tomatoes.

#### **6) Eye health**

Tomatoes can help protect the eyes from light damage.

Tomatoes are a rich source of lycopene, lutein, and beta-carotene. These are powerful antioxidants that have been shown to protect the eyes against light-induced damage, the development of cataracts, and age-related macular degeneration (AMD).

The Age-Related Eye Disease Study (AREDS) recently found that people with high dietary intake of the carotenoids lutein and zeaxanthin, both present in tomatoes, had a 35 percent reduction in the risk of neovascular AMD.

#### **7) Skin**

Collagen is an essential component of the skin, hair, nails, and connective tissue.

The production of collagen in the body is reliant on vitamin C. A deficiency of vitamin C can lead to scurvy. As vitamin C is a powerful antioxidant, a low intake is associated with increased damage from sunlight, pollution, and smoke.

This can lead to wrinkles, sagging skin, blemishes, and other adverse health effects of the skin.

#### **8) Pregnancy**

Adequate folate intake is essential before and during pregnancy to protect against neural tube defects in infants.

Folic acid is the synthetic form of folate. It is available in supplements but can also be boosted through dietary measures.

While it is recommended that women who are pregnant take a folic acid supplement, tomatoes are a great source of naturally-occurring folate. This applies equally for women who may become pregnant in the near future.

# Nutrition

Tomatoes are packed with nutrients.

One cup of chopped or sliced raw tomatoes contains:

32 calories (kcal)	18 mg of calcium
170.14 g of water	427 mg of potassium
1.58 g of protein	43 mg of phosphorus
2.2 g of fiber	24.7 mg of vitamin C
5.8 g of carbohydrate	1499 international units (IU) of vitamin A
0 g cholesterol	

Tomatoes also have a wealth of vitamin and mineral content, including:

Tomatoes also contain a wide array of beneficial nutrients and antioxidants, including:

alpha-lipoic acid	folic acid
lycopene	beta-carotene
choline	lutein

The cooking of tomatoes appears to increase the availability of key nutrients, such as the carotenoids lycopene, lutein, and zeaxanthin. Stewed tomatoes provide more lutein and zeaxanthin than sun-dried tomatoes and raw cherry tomatoes.